



MAKE IT YOUR YEAR TO SHINE! EAP Matters – January 2015



Another year has passed and, for many of us, resolutions and promises of change and self-improvement were short-lived. We're frustrated and upset that, once again, the scale went up instead of down, our bank account went down instead of up and our relationship remains, at best, lukewarm. Albert Einstein wrote that the definition of insanity is doing the same thing over and over again and expecting different results. We know what doesn't work; now we need to figure out what does!

Even with the best intentions, what prevented you from being successful?

Consider the following:

Personal Accountability: Are you holding yourself accountable for your behaviors and short-comings? Sometimes it can be painful to take an honest, hard look at ourselves. How committed are you to do the work necessary to achieve this resolution? Is this a change that you really want to make in your life?

Reasonable Expectations: Are you setting goals that can be obtained or is the standard you set for yourself way too high? Remember to break down goals into small, manageable steps. Celebrate each success on the way to the top!



Identify Roadblocks: What is standing in the way of fulfilling your resolutions? Might others close to you be threatened by the changes you want to make and attempt to sabotage your success? It could be that the biggest roadblock is in your own mind. Deep down, sometimes we don't believe we deserve to be happy.

Comfort Zone: Are you tired of living this way but this way seems "normal" to you? Humans are creatures of habit and comfort. As much as we may say we want things to change, with it comes the unknown. Changing the "status quo" can be scary. Look back at all the changes you have been willing to make and the positive outcomes that occurred. Ask yourself, "What is the worst that can happen if I take this risk and make some changes?"

**If you would like to talk with a counselor about this or any other issue you are struggling with, please remember EAP is here to help.
(402) 398-5566 or 888-847-4975**